

Kristina Roegner

State Senator
27th Senate District



Bob Peterson

President Pro Tempore
17th Senate District

MEMORANDUM

To: All Senate Members
From: State Senators Kristina Roegner and Bob Peterson
Date: March 18, 2019
Re: Co-Sponsor Request: Ohio Sunshine Protection Act

We will soon introduce legislation to eliminate the need for Ohioans to switch their clocks twice a year. Each year, we move our clocks from Standard Time forward to Daylight Saving Time. This time change occurs only for clocks to be returned to Standard Time less than a year later. Standard Time is observed from the first Sunday in November until the second Sunday in March, a period of time barely four months long. Under this legislation, our clocks will remain on Daylight Saving Time all year.

Daylight Saving Time (DST) was first used on a large scale during World War I in Germany; the rationale was to extend daylight working hours in order to use less artificial light and save fuel for the war effort. However, with the proliferation of air conditioners and computers in our lives today, the savings generated through a reduction in the usage of artificial lighting no longer justify the biannual disruption in our lives caused by DST. This is especially true because recent research indicates there may be no energy savings generated by DST at all. When Indiana decided to introduce DST in 2006, a 2008 study found that their measure actually *increased* energy use.¹ Another 2008 study conducted in Australia found that adjusting clocks twice a year also did not reduce overall electricity consumption but did cause a “shift in demand consistent with activity patterns that are tied to the clock rather than sunrise and sunset.”²

Just as importantly, this biannual time change has also been connected with a number of significant disadvantages and issues. One study found that both “springing forward” and “falling back” are associated with increases in fatal automobile accidents.³ Another found that time changes twice a year are associated with negative effects on workplace productivity, as workers on average sleep 40 minutes less, have 5.7% more workplace injuries and lose 67.6% more work days because of injuries on time change days than on other days.⁴ Those same researchers concluded that “schedule changes, such as those involved in switches to and from Daylight Saving time, place employees in clear and present danger.”

For these reasons, this legislation proposes to remove the biannual disruption in the lives of Ohioans caused by changing clocks twice a year. If you would like to co-sponsor this bill, please contact Ryan Culross in Senator Roegner’s office at Ryan.Culross@ohiosenate.gov or Nicole Hoyer in Senator Peterson’s office at Nicole.Hoyer@ohiosenate.gov by close of business Wednesday, March 20, 2019.

¹ <https://www.nber.org/papers/w14429>

² <https://www.sciencedirect.com/science/article/abs/pii/S0095069608000661>

³ <https://www.ncbi.nlm.nih.gov/pubmed/11152980>

⁴ <https://www.apa.org/pubs/journals/releases/apl9451317.pdf>